



**CYCLE THE
SEACOAST**
CYCLE FOR AIR



BikeTrekNewEngland.org

CYCLE • VOLUNTEER • DONATE



MAY 3, 2020

CISCO BREWERS PORTSMOUTH
PORTSMOUTH, NEW HAMPSHIRE

25, 50 OR 100 MILES

The 11th annual Cycle the Seacoast will take place on **Sunday, May 3, 2020** at Cisco Brewers Portsmouth in Portsmouth, NH. Choose your challenge: 25, 50 or 100 miles! Register to cycle or volunteer today by visiting **BikeTrekNewEngland.org**.

Registration Fee:

\$35 (\$45 day of event)

Fundraising Minimum:

\$200/person (\$100 for ages 7-17)

\$400/family of 4 (2 adults & 2 children)

VOLUNTEER

Not a cyclist? The American Lung Association is looking for the support of more than 200 volunteers for Cycle the Seacoast.

HAVE QUESTIONS OR NEED FURTHER INFO?

 207-624-0312

 CycleTheSeacoast@Lung.org

THANK YOU TO OUR GENEROUS SPONSORS



The safety of our riders, volunteers and the community is our number one concern. Any sport has inherent risks to it; all Cycle the Seacoast guidelines and the rules of the road are strictly enforced.